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Plastic Free Hawai'i Games

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Each section of this document is dedicated to a game and includes:

- A. Background Information on the game topic
- B. Plastic Free Tips on how to reduce use of single-use plastic items
- C. Materials List to make the game at home or in the classroom
- D. Set Up Instructions
- E. How to Play

Mahalo to Kōkua Hawai'i Foundation intern Jaclyn Johnson for developing the games.

kokuahawaiiifoundation.org/pfh | plasticfree@kokuahawaiiifoundation.org
[facebook.com/PlasticFreeHawaii.KHF](https://www.facebook.com/PlasticFreeHawaii.KHF) | Instagram: @kokuahawaiiifoundation



Reusable Bag Quarter Drop

Background Information:

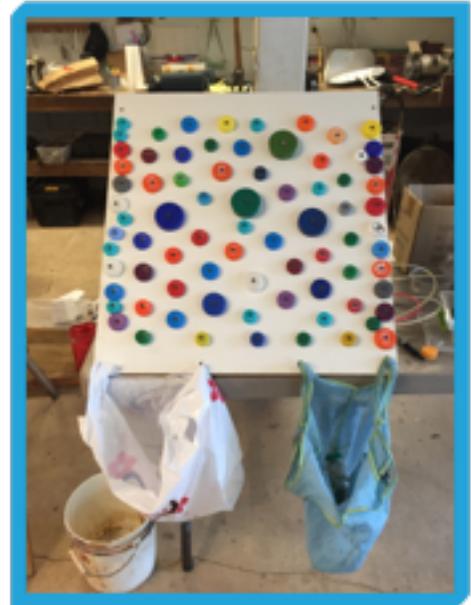
Single-use plastic bags hurt our environment. Like all plastics, they are made of petroleum. These sources of fuel take billions of years to create and release harmful greenhouse gases into our atmosphere. Plastic bags are lightweight and easily lifted by the wind, making it common for them to find their way into our oceans and environment. Once in nature, plastic bags never fully break down. Instead, they break into smaller pieces and are mistaken as food by marine and other wildlife. They also release toxic chemicals into the ocean that accumulate up the food chain.

Plastic Free Tips: How to say no to single-use plastic bags:

- Bring your own reusable bag when you go out to eat or shop
- Remind your parents or guardian to bring a reusable bag with them to the store
- Make a reminder note or sign to Bring Your Own Bag, and put it on your fridge, car dashboard, or by the front door.
- Use reusable bags for school lunches and picnics

Materials List:

- Bottle caps
- Old wood board or cardboard cutout
- Plastic bags or old chip/food bags
- Quarter, large bottle cap lid, metal jar lid
- Superglue or screws
- 24 Question cards



Set Up Instructions:

1. Place the bottle-cap board leaned on a sturdy wall.

How to Play:

1. The student drops a quarter, bottle cap or metal jar lid on the top of the board.
2. Whichever bag the object falls into, the student reaches into the bag and pulls out a question. (Or picks from a pile on the side of the game)
3. The student answers the question and then goes again. Each student has 3 turns (depending on the size of the group, students can either have more or less turns).



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Reusable Bag Quarter Drop Questions & Answers

1. Why is it important to use reusable bags?
 - a. Reusable bags are the most sustainable alternative to plastic bags!
 - b. They last for many years and can be used over and over again.
 - c. They can prevent plastic bags from ending up in the ocean and in nature, where they can harm animals.
2. What are a few good ways to reuse plastic bags that you may already have at home?
 - a. Bring them to the store to use as produce bag.
 - b. Use them when you send packages.
 - c. Doggy poop bags.
 - d. Put dry foods like nuts or rice in them.
3. Where can you get a reusable bag? Could you make them by yourself?
 - a. Most stores, especially grocery stores now carry reusable bags.
 - b. You can turn an old t-shirt into a tote bag.
4. Name 2 sea animals that are negatively impacted by plastic bags.
 - a. Sea turtles, whales, birds, and seals.
5. What can you and your family do to remember to bring reusable bags to the store?
 - a. Keep some in the car and in your backpack/bag/purse.
 - b. Write a note for yourself to put on your front door, car dashboard, or somewhere else visible to help.
6. Plastic bags are one of the main sources of ocean pollution, why?
 - a. They are lightweight and blow away and out of trash cans easily.
 - b. They are one of the most used single-use plastics.
7. What are plastic bags made out of?
 - a. Like all plastic, bags are made out of oil/petroleum (the same thing we fuel up our cars with)
8. Where else would a reusable bag come in handy besides the grocery store?
 - a. Shopping anywhere (for clothes and other items).
 - b. Getting takeout.
 - c. Going to the beach.
9. How many plastic bags do you think a family uses on average when going to the store?
 - a. 15 plastic bags.
10. What does biodegradable mean? And is a plastic bag biodegradable?
 - a. Biodegrade means to decompose by bacteria or other living organisms. Plastic doesn't biodegrade like food scraps. It instead photodegrades which means to break down from sunlight, so it breaks it down into smaller and smaller pieces, but never really goes away. Plastic particles, microplastics and chemicals from plastics will be here for hundreds of years or more.



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Reusable Bag Quarter Drop Questions & Answers

11. Why do you think plastic bags escape our trash cans and enter our environment more than other plastic items?
 - a. They are lightweight and blow away easily and blow out of trash cans.
12. Other than the grocery store, where else are you often given plastic bags?
 - a. At restaurants, shopping for clothes, or at a convenience store like Longs.
13. If everyone brought their own bag to the store, what do you think the owner of that business would do/think?
 - a. They would realize that they don't need plastic bags!
 - b. They would save money, and be happy!
14. Why do you think more people don't use reusable bags when shopping?
 - a. They may forget to bring them.
 - b. They may not know the harmful impacts of plastic bags.
15. Hawaii was the first state to ban what in 2015?
 - a. Plastic bags!
16. How many minutes does the average person use a single-use plastic bag for?
 - a. 12 minutes
17. Plastic photodegrades. What does photodegrade mean?
 - a. Plastic doesn't biodegrade like food scraps. It instead photodegrades which means to break down from sunlight, so it breaks down into smaller and smaller pieces, but never really goes away. Plastic particles, microplastics and chemicals from plastics will be here for hundreds of years or more.
18. Why are sea turtles negatively impacted by plastic bags?
 - a. Turtles mistake plastic bags as jellyfish, which is a regular part of their diet. This can lead to starvation, sickness, choking & death.
19. What do plastic bags look like to other animals in the ocean?
 - a. They look like jellyfish or other foods.
20. Are plastic bags recyclable in Hawai'i?
 - a. No. Plastic bags are not recyclable in Hawai'i.
21. How many plastic bags are used each year worldwide?
 - a. One trillion!
22. Name a store that provides no plastic bag for you at checkout.
 - a. Costco (boxes only), Safeway (paper bags), Down to Earth (paper), etc. (answers can vary)
23. How can you get your friends and family to bring a reusable bag with them to the store?
 - a. Let them know why it is important!
 - b. Make sure they put one in their bag or car so they do not forget.
24. Where do you think a plastic bag ends up when the user is done with it?
 - a. They will be incinerated (burned) in Honolulu if thrown away properly.
 - b. They can end up in the ocean or in nature.



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Avoid Plastic Food Packaging Wall Toss

Background Information:

At the grocery store, most food is wrapped in single-use plastics, so our food purchases are a big source of plastic entering our oceans and natural environment.

Plastic Free Tips: How to reduce your use of plastic packaging:

- Bring your own produce bags to the store and farmer's markets
- Eat more whole foods such as fruits & vegetables
- Buy more products in glass jars and containers; then reuse the container!
- Buy in bulk with your own jars or reused containers (common bulk items are grains, beans, spices, & teas)
- Cook more of your own food from scratch

Materials List:

- Old wood board or cardboard
- Old plastic cups or food containers (ex: yogurt or nut containers) of various sizes
- Paint to make your game colorful
- Blue painters tape
- 3 pingpong balls or other light, small balls
- 24 Question Cards



Set Up Instructions

1. Stand the board up by placing it on a wall or a table with a stand.
2. Mark 3 lines on the ground with the tape: one for easy, medium, and hard levels.
3. Give the students the playing balls in a reused food container before their turn.

How to Play:

1. Each player gets 3 turns (this can vary based on the size of group) to try to toss a ball into a container. If students are having difficulty, they can take a step closer.
2. After they make one in, the game assistant picks a question card according to the color of the container the ball landed in. The student tries to answer the question.



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Avoid Plastic Food Packaging Wall Toss Questions & Answers

1. Why should we avoid buying lots of items wrapped in plastic at the grocery store?
 - a. Plastic is made from petroleum, and is shipped in, polluting our air, land, and water.
 - b. Plastic is unnecessary. It lasts for hundreds of years and is only used for a few minutes before throwing away the packaging/wrappers.
 - c. A lot of plastic ends up in the ocean or if properly thrown away, it is incinerated, both of which hurt our environment.
2. Why do farmers markets use less plastic packaging than supermarkets?
 - a. Farmers sell produce directly to customers, so they do not need as much plastic (supermarkets sometimes ask farmers to wrap it in plastic to be sold).
3. What section(s) of the supermarket will you find less plastic in?
 - a. Produce section (fruits and vegetables)
 - b. Bulk section
4. Why do you think the stores wrap food products in plastic?
 - a. They get a lot of food already wrapped in plastic from other companies.
 - b. Customers may like the convenience of plastic wrapped foods.
 - c. Plastic is often cheaper than other types of packaging.
5. What do you think a grocery store would do if people stopped buying foods wrapped in plastic?
 - a. They would offer more foods not wrapped in plastic.
6. What does it mean to vote with your dollars
 - a. To spend your money in a way that encourage the stores & businesses to make better choices and offer more sustainable products.
7. Glass is more sustainable than plastic. How can you reuse a glass jar?
 - a. You can use it to organize your house (pencil holder).
 - b. Put leftovers in it.
 - c. Use it to buy in bulk.
8. What could you bring to the store to put your bulk items into instead of plastic?
 - a. Glass jars, tupperware, small reusable bags.
Make sure you weigh these items before filling them with bulk items!



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Avoid Plastic Food Packaging Wall Toss Questions & Answers

1. Why is it better to buy glass or aluminum rather than plastic packaging?
 - a. Glass and aluminum are made of natural materials and recycling glass and aluminum is more efficient & sustainable than recycling plastic.
 - b. Animals will not usually eat or get entangled in glass and aluminum.
 - c. There are less chemicals in glass and aluminum, so the health impacts are not as bad.
2. Name a food that does not come in plastic packaging.
 - a. Almost all fruits (student can name any fruit)
 - b. Anything in a can or glass jar (sauces, drinks, etc)
3. What does it mean to buy in bulk?
 - a. Most stores, especially health food stores have bulk sections where you can buy rice, beans, etc in bulk. You can bring your own container and put bulk items inside those to avoid plastic packaging. You'll save money too!
4. How can having a garden help reduce your use of plastic packaging?
 - a. You do not need any plastic when you are harvesting straight from your garden!
5. Do your favorite foods usually come in plastic packaging? If so, is there an alternative?
 - a. Student can answer based on personal experience.
6. How can you cut down on your plastic packaging purchases when grocery shopping?
 - a. Bring your own grocery & produce bags.
 - b. Bring bulk bags/containers.
 - c. Carry out your items without a plastic bag.
 - d. Choose items at the store not wrapped in plastic.
7. What is glass made out of? What is plastic made out of?
 - a. Glass is made out of sand and plastic is made out of petroleum/oil.
8. What is a storm drain? How do storm drains contribute to plastic getting into the ocean?
 - a. Storm drains help water drain off of streets during heavy rain and often times litter (including plastics) gets picked up and flows to the ocean.



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Avoid Plastic Food Packaging Wall Toss Questions & Answers

1. When your family shops for food, which items are usually wrapped in plastic?
 - a. Student can answer based on personal experience.
2. What is an alternative to shopping at a supermarket?
 - a. Farmers' Market
 - b. Getting a CSA Box (produce box) directly from a farmer
 - c. Gardening
3. A lot of food we eat comes in plastic jars or containers (like yogurt or peanut butter). How can you reuse those containers?
 - a. You can use it to store stuff from home like art supplies, toys, pencils, etc.
 - b. You can store leftovers in there.
 - c. Other answers will work as well!
4. What can you do when you go to the store to reduce the amount of plastic you take home with you?
 - a. Bring reusable bags, reusable produce bags, and reusable containers.
 - b. Shop for fresh fruits and vegetables that come with nature's packaging (bananas, apples, oranges, etc.).
 - c. Buy foods that come in paper, glass or aluminum!
5. Why do you think so many food products are wrapped in plastic?
 - a. Plastic is sometimes cheaper than other packaging.
 - b. Companies use plastic because they are lightweight and long-lasting.
6. Around what year was plastic first created?
 - a. 1907, but it did not become prominently used in single-use items until the 1950's.
7. What stores can you buy in bulk from?
 - a. Answers can vary: Celestial Natural Foods, Whole Foods, Down to Earth, Kokua Market, etc.
8. Name 3 foods that don't need to be wrapped in plastic.
 - a. Any fruits or vegetables, any items wrapped in paper (answers can vary).



No Straws Basketball

Background Information:

Plastic straws are unnecessary and harmful to our environment. Over 500,000,000 plastic straws are used each day in the United States.¹ Straws are the 5th most common marine debris item contributing to plastic pollution.²

Plastic Free Tips: How to go straw free:

- Bring your own reusable stainless steel or glass straw. Keep it in your bag or backpack!
- Say "No straw, please" when ordering a drink
- Drink straight out of your cup / bottle

Materials List:

- Piece of wood that can fit 3 baskets
- Baskets (cut outs of plastic) with straws attached with string
- A repurposed stool or ladder for a stand
- Blue Painters Tape
- 24 Question Cards

Set Up Instructions:

1. Mount the board with the basketball nets onto a wall or set up with the wooden stand as pictured.
2. Mark 3 lines on the ground with the tape: one for easy, medium, and hard levels.

How to Play:

1. Have the students stand behind the line and try to throw the ball into the basket.
2. Give each student about 3 tries (this can vary based on the size of the group).
3. If the student does not make a basket, they must answer one question. If the student makes any baskets, then they need to answer two questions.



¹ <http://www.plasticpollutioncoalition.org/no-straw-please/>

² www.oceanconservancy.org/our-work/marine-debris/2016-data-release/2016-top-ten.jpg



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No Straws Basketball Questions & Answers

1. Why are plastic straws bad for the environment?
 - a. They are wasteful - they last hundreds of years and are only used for a few minutes.
 - b. They are made from petroleum.
 - c. They are one of the most common thing found at beach cleanups (5th most common).
 - d. They can get stuck in animals or eaten by animals, and leech chemicals into the ocean.
2. Can you think of a drink that automatically comes with a straw?
 - a. Answers can vary (CapriSun, Juice Boxes, etc.).
3. What can you do instead of using a straw for your drinks?
 - a. Bring a reusable metal or glass straw.
 - b. Drink straight from the cup.
4. How can you make sure not to get a straw at a restaurant?
 - a. Tell your server right away to not give straws to anyone at the table.
5. How can you encourage other people to "say no" to plastic straws?
 - a. Share with them the negative impacts of straws and the reusable alternatives.
6. What is one thing you learned about single-use plastics - like straws today?
 - a. Student can answer with whatever they have learned.
7. How can plastic straws be harmful for marine life once they reach the ocean?
 - a. It can be eaten by animals.
 - b. One example of harm to animals: Turtle with a whole straw stuck in its nose.
 - c. The chemicals from straws can get inside animal's bodies.
8. How can you reuse old straws to create something new?
 - a. Answers can vary (example: make art projects).
9. How long do you think a plastic straw is used before it is thrown away?
 - a. However long it takes to drink a drink (a few minutes).
10. How do you think most straws end up in the ocean?
 - a. Storm drains
 - b. Littered
 - c. Blow out of trash cans
11. Why do you think most restaurants give you straws with your drink?
 - a. They may not know the harmful impacts of straws
 - b. They think the customers all want to drink with straws
 - c. They don't know they can get reusable or paper straws
12. What would be the result if every customer asked for no straws?
 - a. The business may realize that they don't need straws at all!
 - b. Less straws would end up in the ocean or in natural environments



No Straws Basketball Questions & Answers

13. Name 3 alternatives to a plastic straw
 - a. Any of these: Glass, Metal/Stainless Steel, Paper, Compostable, Drink out of the cup
14. What can you do in your own life to inspire your friends and family to say no to plastic straws?
 - a. Share information about the environmental and health impacts.
 - b. Buy a set of glass or stainless steel straws and keep them in your backpacks!
15. What other materials can straws be made out of?
 - a. Paper, glass, metal, bamboo, compostable (plant-based/cornstarch)
16. What can businesses do to avoid giving out straws to customers?
 - a. Give straws only upon request
 - b. Have no straws available
 - c. Have only reusable straws available!
17. What is a storm drain? How do storm drains contribute to plastic getting into the ocean?
 - a. Storm drains help water drain off of streets during heavy rain.
 - b. With big openings, lots of the trash in the ocean gets there from entering storm drains.
18. If you go to a restaurant and see water cups/drinks with straws in them, what can you do to avoid getting straws in your drinks when you order?
 - a. Tell your server right away that you do not want any straws in your drinks!
19. How many plastic straws are used everyday in the US?
 - a. 500 million plastic straws
20. Where do you usually see plastic straws being used?
 - a. Answers can vary based on student's experience
21. Are straws recyclable in Hawaii?
 - a. No.
22. Where do plastic straws go since they cannot be recycled?
 - a. They go into the gray bin or trash can, and then get incinerated or landfilled.
23. We produce 500,000,000 straws every day in the U.S. How many school buses does that fill up?
 - a. 46,400 school buses
24. About how many years does it take for a straw to degrade?
 - a. Up to 200 years



Take Out Lunch Containers Ring Toss

Background Information:

Everyday, many kids and adults bring lunches to school and work. These lunches are often packed with single-use plastics like zip-lock bags, plastic wrapped foods, and plastic utensils. Furthermore, if you get take out food, it is often packaged in even more single-use plastic or "Styrofoam". All of these packaged meals can add up to be a lot of trash!

Plastic Free Tips: How to pack waste-free lunches:

- Pack lunches in reusable bags/lunchboxes. Use stainless steel and glass if possible!
- Pack snacks and sandwiches in reusable sack bags
- Bring your own reusable utensils, chopsticks and straws
- Bring your own reusable bottle or cup
- Pack fresh fruit like oranges, apples & bananas that come in nature's packaging :)

Materials List:

- Old foam or disposable plastic take-out containers
- Reusable metal lunch containers
- Old straws or chopsticks
- 2 different colors of duct tape (we use red and green)
- Repurposed plastic plates or cups (cut into rings)
- Large cardboard or wooden box
- Blue painter's tape
- 24 Question Cards
- Optional: Display of waste-free lunch items



Set Up Instructions:

1. Place the containers with the chopsticks facing up inside the box.
2. Mark the reusable lunch containers with one color duct tape (green), and the single-use containers with the other (red)
3. Mark 3 lines on the ground with the tape: one for easy, medium, and hard levels.
4. Have the rings sitting by the game in a reused plastic container.

How to play:

1. Have the students stand behind one of the lines and try to toss the "ring" onto a container. They have 3 turns.
2. When they toss the ring onto a container stick, have the student answer a question.



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Take Out Lunch Containers Ring Toss Questions & Answers

1. Name a food that comes in "natural packaging".
 - a. Any fruit or vegetable
2. What can you use as an alternative to single-use plastic ziplock bags when bringing a lunch from home?
 - a. Reusable snack sacks usually made out of cloth or silicone
 - b. Reused bags of any kind
 - c. Tupperware (glass/stainless steel/reusable plastic)
3. Name a way you can avoid using takeout containers when going to a restaurant.
 - a. Bring your own reusable container
4. Name 2 different materials disposable take out containers are made from.
 - a. Styrofoam; Plastic; Paper; Compostable (made from plants like wheat and sugarcane)
5. Explain why it is important to bring your own reusable fork, knife & spoon with you when you are eating out.
 - a. Then you do not need the plastic utensils, and you can reduce your plastic footprint!
6. Where are you usually given a disposable plastic cup to drink out of?
 - a. Student can answer based on personal experience.
7. How do you think most straws end up in the ocean?
 - a. Storm drains
 - b. Littered
 - c. Blow out of trash cans
8. What is a storm drain? How do storm drains contribute to plastic getting into the ocean?
 - a. Storm drains help water drain off of streets during heavy rain.
 - b. With big openings, lots of the trash in the ocean gets there from entering storm drains.
9. Name a restaurant that uses a lot of styrofoam and plastic containers.
 - a. Student can answer based on personal experience.
10. If you do take home a single-use plastic container, what should you do with it?
 - a. Reuse it if can. If you don't reuse it, recycle it if it is recyclable.
11. Why do you think restaurants choose plastic and styrofoam take-out containers over eco friendly alternatives?
 - a. They are cheaper
 - b. They think the customers want it
 - c. They may now know that plastic pollution is a problem
12. Name a restaurant that uses reusable or eco-friendly take-out containers.
 - a. Student can answer based on personal experience.
13. Can plastic take-out containers be recycled in Hawai'i?
 - a. Some can. Plastics labeled #1 or #2 in the recycling symbol on the container are recyclable. All others (#3-7) are not.
14. Can styrofoam take-out containers be recycled in Hawai'i?
 - a. No. Styrofoam is the least recycled form of plastic. Less than 1% worldwide is recycled



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Take Out Lunch Containers Ring Toss Questions & Answers

15. Name 2 fruits that usually come packaged in plastic bags or containers.
 - a. Blueberries, strawberries, apples, etc.
16. How can you avoid single-use plastic waste when getting an Acai bowl?
 - a. Bring your own bowl or tupperware and reusable spoon. Or ask for a paper bowl.
17. What can you do to encourage a restaurant to use eco-friendly take-out containers?
 - a. Let them know you want them to use eco-friendly containers.
 - b. Tell them you would be willing to pay more for them
18. Name an eco-friendly alternative to plastic or styrofoam take-out containers.
 - a. Reusable
 - b. Compostable
 - c. Paper
19. How long does it take for a plastic take-out container to break down?
 - a. Hundreds - thousands of years, but really plastic never goes away. It will just break into smaller and smaller pieces, polluting the ocean like a smog.
20. Where can you find produce that is not wrapped in plastic?
 - a. Farmers Markets
 - b. Health Food Stores
 - c. Answers can vary. Most stores offer lots of produce not wrapped in plastic
21. What can you bring from home to avoid using take-out containers?
 - a. Reusable tupperware (glass, stainless steel, or reusable plastic)
22. How long does it take for a styrofoam take-out container to break down?
 - a. Thousands of years.
23. What can you use to pack your lunch to have a waste-free lunch?
 - a. Reusable snack sacks, stainless steel containers, glass tupperware, lunchboxes, etc.
24. What are reusable containers usually made out of?
 - a. Stainless steel, glass, reusable plastic, bamboo/wood, etc.



Reusable Bottle Bowling

Background Information:

In the United States, 35 billion plastic water bottles are thrown “away” every year.³ These bottles are ending up in our oceans, harming marine life. For every six water bottles thrown away, only one of those bottles will be recycled.⁴ Plastic water bottles are made of petroleum, a non-renewable energy. In 2007, the United States bottled water consumption had an estimated energy-input equivalent of between 32 and 54 million barrels of oil. That oil could have powered 1.6 million cars for a whole year!⁵ Using a reusable bottle for a year can prevent 1,460 bottles from going to the landfill and into our oceans every year!⁶ Saying no to bottled water reduces greenhouse gas emissions, reduces peoples’ exposure to chemicals, and saves people money.

Plastic Free Tips: How to say no to plastic water bottles

- Bring your own reusable bottle wherever you go
- Make your own flavored water using fresh fruits or herbs to keep hydration fresh and exciting!

Materials List:

- 6 plastic water bottles partially filled with sand
- 1 reusable water bottle
- 24 Question Cards

Set Up Instructions:

1. Place 6 bottles in the shape of a pyramid
2. Mark 3 lines on the ground with the tape: one for easy, medium, and hard levels.

How to Play:

1. Students stand behind the line and roll the reusable bottle.
2. The number of plastic bottles that are knocked down (1-6) are the number of questions the student must answer.



³ <http://www.ecowatch.com/22-facts-about-plastic-pollution-and-10-things-we-can-do-about-it-1881885971.html>

⁴ <http://kids.nationalgeographic.com/kids/stories/spacescience/water-bottle-pollution/>

⁵ https://www.foodandwaterwatch.org/sites/default/files/take_back_the_tap_report_june_2013.pdf

⁶ <https://www.nalgene.com/app/>



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Reusable Bottle Bowling Questions & Answers

1. What is a plastic bottle made out of?
 - a. Petroleum/Oil
 - b. It also uses a lot of fresh water to produce the plastic in the water bottle
2. Why do you think people buy water in plastic bottles?
 - a. Answers will vary:
 - i. People think it is cleaner water
 - ii. It is convenient / They forgot their reusable bottle
 - iii. They don't know the harmful health and environmental impacts
3. Name an alternative to a plastic water bottle.
 - a. Reusable water bottle (Hydroflask)
 - b. Water fountains
 - c. Drink out of a glass
4. Explain what reusable water bottle is.
 - a. A water bottle that is meant to be used over and over again
5. Why are plastic bottles bad for our environment?
 - a. Answers will vary:
 - i. Harmful impact to animals (ingestion/chemicals)
 - ii. Releases toxins into our ocean and our bodies
 - iii. They use 3x more water than what's in the bottle to produce and energy/oil to produce/transport
6. Can a plastic bottle be recycled? How about the bottle cap?
 - a. Water bottles can be recycled, but the bottle caps can not be recycled in Hawai'i.
7. Do you think you save money by using a reusable water bottle?
 - a. Yes!
Explanation: Bottled water costs at least 1,000x more than tap water. Tap water is free or very cheap!
8. Which option is better for your health? Hawai'i's tap water or bottled water?
 - a. Hawai'i's tap water!
Explanation: Hawai'i's tap water is better quality than even expensive bottled water like Fiji water. We have the 6th cleanest water in the whole country!
9. Is it better to buy a soda/juice in a can or a plastic bottle?
 - a. A can is a little better as recycling aluminum is more sustainable than recycling plastic, but any beverage that comes in single-use bottles is ultimately not "good" for the environment.
10. Where are you usually given plastic bottles?
 - a. Student can answer from personal experience
11. What is a water refill station?
 - a. A station where someone can refill their reusable water bottle.



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Reusable Bottle Bowling Questions & Answers

11. What is a water refill station?
 - a. A station where someone can refill their reusable water bottle.
12. What can your school do to promote using reusable water bottles?
 - a. Install more water refill stations
 - b. Stop selling/distributing water and beverages in plastic bottles at school (including events)
 - c. Educate the teachers, students & staff about why it's important to use less plastic
13. Name a store where you can buy a reusable water bottle.
 - a. Student can answer from where they have seen these sold.
14. Does a water bottle every really degrade or go away?
 - a. No.
Explanation: plastic doesn't biodegrade like food scraps or branches. It instead photodegrades due to sun exposure, which breaks it down into smaller and smaller pieces, but never really going away. Plastic particles, microplastics and chemicals from plastics will be here for hundreds of years or more.
15. At sports games, what can be done to reduce the amount of plastic bottles used?
 - a. Remind families and kids to bring reusable water bottles
 - b. Offer a large water cool filled with ice water!
16. What are the health and environmental benefits of using reusable water bottles?
 - a. Saves water & oil from producing single-use bottle
 - b. No chemicals in your body or the ocean
 - c. No animals eating the plastic from the bottles
17. Why do you think water tastes weird if it has been sitting in the car or the sun?
 - a. Over time and in heat, the chemicals in the plastic begin to leach into the water.
18. What is the impact of shipping water?
 - a. Bottled water is shipped in from the mainland or other countries. Shipping water has a huge transportation footprint, polluting our atmosphere with greenhouse gases from trucks, planes & ships.
19. What can you do to inspire your friends to use reusable water bottles?
 - a. Lead by example by bringing yours!
 - b. Tell them why it's important!
20. Do you think plastic water bottles sink or float in the ocean?
 - a. They typically float, but if they get by an animal, and water gets in, then they will sink. Lots of plastic bottles litter the ocean floor.



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Reusable Bottle Bowling Questions & Answers

20. Do you think plastic water bottles sink or float in the ocean?
 - a. They typically float, but if they get by an animal, and water gets in, then they will sink. Lots of plastic bottles litter the ocean floor.
21. Where can you refill your reusable water bottle at your school?
 - a. Water fountain
 - b. Water refill station (if there is some at the school)
22. How many plastic water bottles do you think one person goes through in a day if that is their only source of water?
 - a. About 4 water bottles per day. (A healthy amount of water to drink is a half gallon (64 oz) or 8 cups.
23. What can you do to encourage your friends and family to not buy plastic water bottles?
 - a. Share information about the health & environmental impacts.
 - b. Tell them it will save the family money!
 - c. Buy reusable water bottles instead!
 - d. Get a water filter for home.
24. How do you think we should get the word out that plastic water bottles are harmful?
 - a. Student can answer freely on this one.



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Utensil Relay

Background Information:

Single-use plastic utensils are wasteful and unnecessary. Like all plastics, they are made from petroleum, a non-renewable resource. If plastic utensils enter the environment, it will last hundreds of years, polluting our land and oceans with toxic chemicals, and often being mistaken as food by wildlife. Since the 1960s, the use of plastic utensils became increasingly inexpensive and accessible, and businesses & consumers alike enjoy the convenience of plastic utensils. However, due to its harmful impacts, and the availability of eco-friendly alternatives, single-use plastic utensils no longer have to be the norm when eating out!

Plastic Free Tips: How to reduce your use of single-use utensils:

- Bring your own utensil set or spork when you go out to eat!
- When ordering takeout, let the restaurant know you don't need the plastic utensils.

Materials List:

- 1 plastic spoon
- 1 reusable spoon or spork
- 2 ping pong balls
- Blue Painter's Tape

Set Up Instructions:

1. Place the spoons and ping pong balls on a table.
2. With the blue painter's tape, draw 2 lines: one that is right in front of the table and one that is 15 feet away from the table

How to Play:

1. You need an even number of people to play this game (2, 4, or 6 players).
2. Have the students split into 2 teams (2 teams of 1, 2 teams of 2, or 2 teams of 3)
3. Have the students stand behind the line closest to the table. The first player on each team will hold the spoon with a ping pong ball on it. They have to walk to the blue line on the other side and back. If there are more people on their team, everyone takes a turn walking to the other blue line and back.
4. If anyone on the team drops the ball, that player has to walk back to the first blue line, and start again from there.
5. The team that finishes first has to answer two questions per player. The team that finishes in 2nd place has to answer one question per player.



Utensil Relay Questions & Answers

1. Name 3 common single-use plastic utensils.
 - a. Spoons, forks & knives
2. How long does an average person use a plastic utensil for?
 - a. 7-10 minutes
3. What are the 3R's? Why is it in that order?
 - a. Reduce, Reuse Recycle. Reducing your use of plastic is the best thing to do. The next best thing is to reuse plastic, and then finally, you recycle plastic if you still have some.
4. Are single-use plastic forks, spoons, and knives recyclable in Hawai'i?
 - a. No.
5. Explain why it is important to bring your own reusable fork, knife & spoon with you when you are eating out.
 - a. Then you do not need the plastic utensils, and you can reduce your plastic footprint!
6. What can you keep with you to ensure you do not have to take a plastic utensil?
 - a. Have a reusable utensil set! (a spork, bamboo utensil set, metal utensils from home, etc)
7. How do you think most utensils end up in the ocean?
 - a. Storm drains
 - b. Littered
 - c. Blows out of trash cans
8. What is a storm drain? How do storm drains contribute to plastic getting into the ocean?
9. How can you avoid using a plastic fork during school lunch?
 - a. Bring a fork or spork from home that you can reuse!
10. How can you avoid getting plastic utensils when ordering take-out?
 - a. Let the restaurant/cafe know that you do not want plastic utensils given to you!
11. Some restaurants offer compostable utensils that look like plastic. What are these made of?
 - a. They are usually made out of corn (corn starch).
12. How can plastic utensils be harmful to animals in the oceans?
 - a. Animals often mistake plastic as food.
 - b. Chemicals from the plastic will enter the ocean, animals' bodies, and move up the food chain.
13. How can plastic utensils be harmful to human health?
 - a. Plastic utensils are made out of petroleum/oil and chemicals are added to it, so especially when touching hot food, there are chemicals that leach out of the plastic and into our food and bodies.
14. What are plastic utensils made out of?
 - a. Like all plastic, utensils are made out of oil/petroleum (the same thing we fuel up our cars with).
15. How long will plastic utensils last in the environment?
 - a. Hundreds or thousands of years, but really plastic never goes away. It will just break into smaller and smaller pieces, polluting the ocean like a smog.



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Utensil Relay Questions & Answers

16. How can you avoid single-use plastic utensils when getting an Acai bowl?
 - a. Bring your own reusable spoon and container!
17. How many plastic utensils are produced each year in the U.S.?
 - a. 40 billion
18. Why do you think people use so many plastic utensils?
 - a. It is convenient.
 - b. They may not know it is harmful.
19. What are reusable utensils made out of?
 - a. Metal, bamboo, etc.
20. What country is the first to ban plastic plates and utensils (starting in 2020)?
 - a. France
21. Scientists say that there will be more plastic than fish in the ocean by what year?
 - a. 2050
22. What percentage of plastic used around the world ends up in the ocean?
 - a. 10%
23. The production of plastic uses ___% of the world's oil production.
 - a. 8%
24. What is a beach on O'ahu you have seen plastic on?
 - a. Student can answer based on personal experience.



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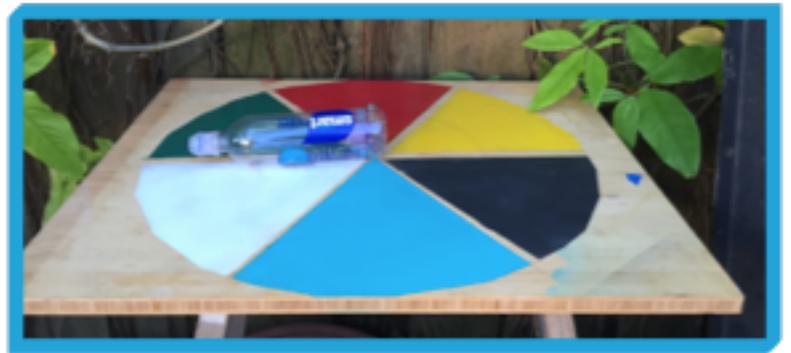
Reduce Plastics Wheel of Fortune

Background Information:

The purpose of this game is to encourage students to consider what actions they can take to slow down plastic pollution. This game will help students to think about how they can be a part of the solution and lead by example through plastic-free lifestyle choices.

Plastic Free Tips: How to reduce your use of single-use plastics

- **Straws:** Get in the habit of saying, "No straws, please!" Better yet, bring a reusable stainless steel or glass straw with you wherever you go!
- **Bottles:** Bring your own reusable water bottle wherever you go!
- **Food packaging:** Buy foods not wrapped in plastic and buy from the bulk section
- **Take out containers:** Bring your own reusable container for take out or go to restaurants that use compostable take out containers
- **Bags:** Keep a reusable bag in your backpack, bag, and car, and bring extra for groceries
- **Utensils:** Keep a set of reusable utensils with you wherever you go.



Materials List:

- Cardboard or plywood wood board
- Plastic water bottle
- Nail
- Paint

Set Up Instructions:

1. Place the Wheel flat on a table
2. Designate/label each color as a type of commonly used single-use plastic (examples: straws, bottles, food packing, take out containers, bags, and utensils)



How to Play:

1. The students go one at a time, spinning the wheel.
2. Whichever section the students land on, they need to list at least two ways someone could reduce that source of single-use plastic.
3. Each student gets one turn.



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Plastics: Sink or Float?

Background Information:

The oceans are home to millions of species. Ocean health is essential to balance Earth's ecosystems. When plastic finds its way into our oceans, it photodegrades⁷ into smaller pieces, and never fully decomposes. Plastic is mistaken for food by marine life. There are 7 different types of plastic, labeled 1-7, and each has a different density. Density is the measure of how "dense" or solid an object is. Objects with more density weigh more. Depending on the density of the plastic, marine debris can float, sink or be partially submerged, polluting the whole ocean and harming sea creatures from the surface to the ocean floor.

Plastic Free Tips: How to help our oceans:

- Refuse to use disposable plastic
- Reuse or recycle the plastic that you end up with.
- Volunteer at beach clean ups!
- Pick up 3 pieces of trash every time you are at the beach or on the playground!



Materials List:

- A clear bucket (5-gallon bucket or smaller) filled with water
- Common plastics of various densities (bottle cap, bottle, toy, bag, etc.)
- It is best to get at least one of each plastic resin code (Plastics #1 through #7)
- Laminated plastic resin code sign

Set Up Instructions:

1. Set the bucket filled with water on a table
2. Separate the plastics by their resin codes (#1-7) and set them next to the container.

How to Play:

1. Have each student guess on a scrap paper whether they think each plastic item will float, sink, or sink half way down. If it's a small group, they can guess out loud.
2. Have the students place each item into the bucket, and see the results.
3. Have a discussion about what it means for each of the plastic object in the ocean. What types of animals could eat those plastic items at the various levels?

⁷ <https://en.wikipedia.org/wiki/Photodegradation>